or plastic, as appropriate and required. The second or bottom most pulley **77** is commonly known or referred to as a strap loop and may also be made of metal or plastic, or composite as appropriate and required.

[0060] The topmost pulley **75** includes a central region **77** to which is permanently fastened a first portion of strap **78** approximately 2.25 inches long which anchors the top pulley **75** a fixed distance from the frame anchor point **46**/**48**. A second region **79** of the top pulley **75** provides a region through which a portion of strap **80** attached at one end to the frame anchor point **46**, **48** of the respective side of the chair. Strap portion **80** begins from the frame anchor point **46**/**48**, threads downward through the bottom pulley **77**; upward through the second region **79** of the top pulley **75** and then subsequently attaches to the sides of the backrest **34** forming strap portion **64** previously described in connection with FIG. **12**. The bottom pulley **77** is fixed by strap **82** to the rear of the arm rest **37** forming strap portion **62** previously described. The dashed lines show the path of the strap **80** through the top and bottom pulleys **75**/**77**. Additional perspective views of the pulley system **71** are shown in FIGS. **14** and **15**.

[0061] In another embodiment of the present invention, a deployable, foam padded headrest along with one or more headrest and chair back support elements may be provided. In one embodiment shown in FIGS. **16**A and **16**B, the backrest **34** may be provided with several flat aluminum bars **100** which serve to keep the shape of the back element upright and support a headrest **102**.

[0062] In the preferred embodiment, four flat aluminum bars **104**, FIG. **17** may be provided. In this embodiment, the aluminum bars may have pre-bends **105**, **106** in them to generally match the shape of the user's back. The aluminum bars **104** provide lumbar support and support for the headrest **102**.

[0063] In this embodiment, the top bars **104***a* and **104***c* are approximately 21 inches in length and the bottom bars **104***b* and **104***d* approximately 14 inches in length. The top and bottom bars overlap in a central region **106** and may be provided with a bend or custom bent by the user to achieve a comfortable fit in the area of the chair back **34**. The top bars **104***a* and **104***c* are sewn into the seat except where they overlap with the lower bars enabling the top bars to pop off the lower bars to enabling folding of the seat back **34**, FIG. **18**.

[0064] In the preferred embodiment of the swinging chair with headrest and back support according to the present invention, a complete backrest **34** and headrest **102**, FIG. **19** may be provided utilizing two poles **108** and **108***a*. The two poles **108** are similar in style to tent poles running up the length of the backrest **34** to fully support the headrest **102**. The poles **108** may be in one piece or preferably, each pole is in 2 segments of similar length connected by a shock cord, to allow them to disassemble for packing. The lower half of each poll **108** is fully inserted into a sleeve where it can stay when packed. The topmost tip of each upper half of each poll **108** is inserted into a small pocket near the headrest **102** to keep it located and securely attached to the headrest. The poles are tent style poles connected together with a shock cord allowing them to be folded for disassembly and storage yet stay connected together so as not to be lost. The top portion of the seat back or backrest **34** may include padding **110** to add additional support and stability to the back of the chair. The bottom portion **112** of the padded area aligns generally with the location of the poles segments which facilitates folding of the backrest for storage and packing. In one embodiment, the headrest **102** may be a pillow type device to provide more comfort and support for the user, as needed. The headrest **102** may be attached with hook and loop fasteners to the seat back **34** so it can be relocated, removed and/or adjusted as needed or desired by the user.

[0065] In a second embodiment, another feature of the present invention is a frame for a portable swinging or hanging chair that can be set up on terrain typically found at camping sites or at the beach, or even around the home on a patio or living room floor, and providing an improved frame for such a hanging and swinging portable chair that prevents the fabric of the hanging chair from hitting the bottom of the frame when at rest or when swinging. Such a frame interfaces with the ground by static legs similar to ordinary chairs while providing the dynamic action of swinging that happens between the frame and the hammock-like suspended chair portion, allowing the swinging to take place independent of the frame. Further, this new solution is easy to disassemble or transform, lightweight and packs small and the various legs and other frame pieces are or may be coupled together so as not to be lost.

[0066] As shown in FIGS. **22** and **23**A one feature of the present invention is a crossbar **180** having a generally U-shaped configuration which provides clearance between a chair seat bottom (not shown) hanging on the chair frame and the top portion **182** of the crossbar **180**.

[0067] Another feature of the present invention is to provide pole tips **184**, FIG. **23**B having a hole or opening **186** through which can be threaded an elastic cord (not shown) which serves to keep the legs together with no loss of any pieces. In a similar fashion, the bottom leg caps **188**, FIG. **24**, may also include a hole or opening **190** through which and elastic cord can be fastened. In this manner, all of the upright pieces in the leg pieces may be connected by shock cord to allow the chair or seat frame to pack into a small package while at the same time ensuring that none of the pieces become lost.

[0068] Another feature of the bottom leg caps **188** according to one feature of the present invention is their size or dimension. Since the bottom leg cap **188** is meant to be inserted into the aluminum tube of the lower leg **198**, the outside diameter (OD) of the end cap **188** is intentionally made larger than the OD of the leg tube by approximately 0.8 mm. In this manner, the sharp edge **200** at the end of the aluminum tube **198** will grab onto the rubber end cap portion **202** of the end cap **188**, thus preventing the end cap **188** from accidently falling off the end of the aluminum tube **198**.

[0069] A further feature of the present invention is the provision of knurled ferrule **192**, FIG. **23**C between the top upright **194** and the bottom upright **196**. The knurled ferrule **192** includes a knurled exterior surface and wherein the knurled ferrule **192** is provided for strength between the top and bottom upright members **194**/**196** while at the same time allowing the top and bottom uprights **194**/**194** to be disassembled for storage and packing.

[0070] Yet another feature of the present invention is the provision of an elastic in the back rest of a portable hanging and/or swinging chair as shown in FIGS. **26**A and **26**B. The elastic **104** is provided between an approximate midpoint on the seat back **100** and the corner of an armrest **102** as shown in FIG. **26**B. The elastic member **104** may be provided having a knot **106** proximate its end and a metal washer **108**